



Healthy and Active Rainier Valley Coalition

Volume 1, Issue 4

July 2007

A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.

Shop Arounds - How Much Do You Know?



"That package of ramen noodles is really two servings and it's got all the salt you should eat in an entire day?" asked Van, a surprised client on a recent grocery store education tour.

Get a free Safeway gift card, learn how to buy a healthy and inexpensive loaf of bread, how to make a frozen dinner better for you and many other secrets of healthy and thrifty shopping.

Tours are every Monday and every other Thursday from 11:30 to 12:30 at the north Rainier Valley Safeway.

To sign up for a tour or to become a tour leader call Diana at 205-1589.

Rainier and Rainier Beach Community Centers

Yoga classes, teen activities, senior programs aerobics, martial arts, meditation, toddler programs, childcare, summer camps, a weight room, basketball, badminton and more!

Check out your community centers. For more information call Rainier at (206)386-1919 or Rainier Beach at (206) 386-1944 or visit website at: www.seattle.gov/parks/centers/default.htm.

Swimming



Swimming is great for you and in your neighborhood!

The RB Pool is located on the corner of Henderson and Rainier Ave. S in the Rainier Beach Community Center.

Swim lessons, lap swimming, water aerobics and public swims are all available.

For more information call (206) 386-1944 or visit web site at: www.seattle.gov/parks/Aquatics/Pools/

Favorite Walk in SE Seattle

"I like to walk from my house to the post office then on to the library. I can get errands done and it feels great to leave the car at home."

SE Seattle resident

Send your favorite walk to: diana.vinh@metrokc.gov or Steps to Health, 7300 Perimeter Rd S, Seattle, WA 98108 and we'll publish your walk. Please let us know if it's ok to print your name. or not.

Inside this issue:

Shop Arounds	1
Community Ctrs.	1
Favorite Walk	1
RHF	2
In Motion	2
Latino Outreach	2
Upcoming Events	2





The only gym of its kind in SE Seattle, Rainier Health & Fitness brings a unique feel to the traditional gym atmosphere. Free personal assistance, group classes, a cycling club, "Enhanced Fitness" for 55+ (free for Group Health Members), women-only Ladies Nights and free child-care!

Free 3-day trial passes and affordable rates at only \$19 per month, scholarships & youth rates available.

Location: 7722 Rainier Ave S (Rainier Ave & Kenyon St)

Call 206-725-0279 for more information or visit the website at www.rainierhealth.com.

Latino Health Outreach



Work continues to improve pedestrian safety at the intersection at Oregon and Rainier Ave. S.. Iglesia de la Luz parishioners and community members often cross at this dangerous, unmarked intersection.

Healthy Restaurants

Coming soon information on 20 local restaurants with healthy and tasty menus.



Salima's restaurant, 6727 MLK Way
206-722-2443

Rainier Beach "In Motion"



Rainier Beach residents can now reduce car trips and receive bus tokens and certificates to encourage them to make healthier transportation choices.

For more information visit the website:
at:w.metrokc.gov/kcdot/transit/inmotion/

Sound Steps does a Senior Solstice Walk

On June 21st seniors walked the loop at Seward Park in celebration of the longest day of the year.

For more information contact Mari Becker at sound.steps@seattle.gov



Upcoming Events

- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 pm
- **Columbia City Farmer's Market** starts 5/2, Wednesdays from 3-7,
- **In Motion** 6/25, brochures have been mailed out to Rainier Beach residences
- **Seafair events** www.seafair.com/
- **Rainier Heritage Festival and Rainier Valley Bite**, 8/18/07

Members



- Genesee Merchant's Assoc.
- AARTH Ministries